











* American Red Cross Month * International Listening Awareness Month *
 * International Mirth Month * Irish-American Heritage Month *
 * Music In Our Schools Month * National Caffeine Awareness Month *
 * National Frozen Food Month * National Nutrition Month *
 National Women's History Month *

March 2009

Take a fresh
look at
nutrition



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|----------------------------------|---|---|--|
| National School Breakfast Week (3/2 - 3/6) | | | | | | |
| 1  National Pig Day | 2  Read Across America Day | 3  Peace Corps Day | 4 ■ National Grammar Day | 5 Start your day off right by eating breakfast! | 6 ■ Middle Name Pride Day | 7 |
| Iditarod Trail Sled Dog Race (3/7 - 3/15) | | | | | | |
| 8 ■ Daylight Saving Time Begins | 9 | 10 | 11 ■ Registered Dietician Day | 12 | 13 ■ Earmuffs Patented: 1887 | 14  International Ask A Question Day |
| National Agriculture Week (3/15-3/21) | | | | | | |
| 15 Ides of March | 16 ■ Freedom of Information Day | 17  St. Patrick's Day | 18 | 19  Absolutely Incredible Kid Day | 20  National Agriculture Day  Spring Begins | 21 ■ Full Moon |
| National Cleaning Week Week (3/22 - 3/28) | | | | | | |
| 22 ■ United Nations: World Day for Water | 23 | 24 ■ National Diabetes Association Alert Day | 25 | 26 ■ Make Up Your Own Holiday Day | 27 | 28  Start planting your school garden! |
| 29 ■ Dow Jones Tops 10,000: 1999 | 30  Doctors' Day | 31 | | | | |